



Lillehammer Olympic Legacy Sports Centre
 and Norwegian Ski Federation presents:



Lillehammer International Nordic Combined Camp for coaches and athletes

9th to 12th of September 2024

THE CAMP EXPERIENCE

For athletes: Ski jumping (at Lysgaardsbakken K90/K123), motor skills Nordic Combined, roller ski workout, sessions with top athletes, nutrition, Olympic values workshops and teamwork sessions.

For coaches: Dedicated sessions for coaches each day with relevant topics and sharing of knowledge.

Topics; development and training of young athletes from talent to WC-champion, training philosophy, nutrition, organizing training.

Meet the champions:



Ida Marie Hagen

- World Cup winner for women in 2024
- FIS Athletes Commission Member



Jarl Magnus Riiber

- Four gold medals in Planica 2023
- Five-time World Cup winner

Photo: NSF Kombinert

PRACTICAL INFORMATION

- **Age group:** Athletes from 15 years and older (Born 2009)
- **Coaches:** All coaches are welcome to take part, also without athletes if that is preferred.
- **Accommodation:** Participants will be accommodated at the Birkebeineren Hotel & Apartments, which is located inside the Olympic Park.
- **Food:** All meals (breakfast, lunch, dinner) will be served at Birkebeineren Hotel.
- **Transport:** Each participant arranges and pays for their transport to and from Lillehammer. Once in Lillehammer, there is no need for additional transportation, all Camp activities are within walking distance.

PRICE AND PAYMENT INFORMATION

- Cost per participant 3 900 NOK / 350 €
- Covers all training, meals, accommodation, and camp t-shirt.
- Payment is due two weeks after final confirmation of the camp.

REGISTRATION

- Please find the registration form [here](#):
- Registration deadline: 30.07.24
- Final entries by name: 15.08.24
- A Maximum number of participants (athletes): 35. we aim to include as many nations as possible, and we will with more than 35 signed-up athletes emphasize participants from different nations.

• Questions? Contact us:

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CAMP ORGANIZATION

- The Lillehammer International Nordic Combined Camp is organized by the Lillehammer Olympic Legacy Sports Center in cooperation with the Norwegian Ski Federation.
- Norwegian Ski Federation guidelines are followed. Strictly no alcohol is permitted during the Lillehammer International Nordic Combined Camp.

About the Lillehammer Olympic Legacy Sport Center

Lillehammer Olympic Legacy Sports Centre aims to give young athletes, coaches & leaders the possibility to develop their skills inside wintersports. The center is located in Lillehammer and was established after the Youth Olympics in Lillehammer in 2016.



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TENTATIV SCHEDULE

Monday 9.9

11:00 – 13:00: Check-in, registration & lunch
 13.00 – 13:30: Info-meeting about the camp (meet
 at the reception at the Birkebeineren)
 14.00 – 15.00: Core training with Mikko Kokklien &
 Einar Kalsæg from the Norwegian Top sport center.
 Discussions around the session with the coaches
 after.
 15.30 – 17.00: Get to know activities for the
 athletes
 15.30 – 17.00: Coaches meeting with FIS,
 information on upcoming season. Input from
 Norwegian coaches on development of equipment.
 17:30 – 19:00: Dinner
 19:30 – 20:30: Social activities for the athletes
 19:30 – 21.00: Coaches meeting with FIS, follow-up.

Tuesday 10.9

07:30 – 08:30 Breakfast
 09:00 – 11:30: Ski jumping session with team
 coaches. Norwegian national team coaches will join.
 12:00 – 13:00: Lunch
 13.00 – 14.00: Olympic Values Workshop
 15:00 – 16:30: XC-session/technic Birkebeiner
 stadion (roller skies) Coaches: Norwegian national
 team coaches. Discussions around the session
 between the coaches in the end.
 17:30 – 19:00: Dinner
 19:00 – 20:00: «The performance wheel», with the
 Norwegian Top sport center
 20:00 – 21:00: Social activities for athletes
 20:00 – 21:00: Coaches meeting follow up on the
 performance wheel. Sharing of experiences.

Wednesday 11.9

07:30 – 08:30: Breakfast
 09:00 – 11:30: Ski jumping session with team coaches.
 Norwegian national team coaches will join.
 12:00 – 13:00: Lunch
 13:00 – 14:30: Visit at the Norwegian Olympic Museum
 15:00 – 16:30: XC-session/technic Birkebeiner
 stadion (roller skies) Coaches: Norwegian national
 team coaches. Discussions around the session
 between the coaches in the end.
 17:30 – 19:00: Dinner
 19:00 – 20:00: Athletes: Lecture TBA
 20:00 – 20:30: Athletes: Q & A with athletes from
 the Norwegian national team
 19:00 – 21:00: Coaches meeting: Development of
 athletes in Norway v/Ivar Stuan and further
 discussions

Thursday 12.9

07:30 – 08:30: Breakfast
 09:00 – 11:30: Ski jumping session with team
 coaches
 12:00 – 13:00: Lunch and check-out
 13:00 – 14:00: Social activities, closing ceremony
 and wrap up